

GAME DAY MEALS & SNACKS

PRE-GAME MEAL

EAT A BALANCED MEAL CONTAINING CARB, PROTEIN AND FRUIT OR VEGETABLE 1 - 3 HOURS BEFORE STARTING

MEAL OPTIONS

WHOLE GRAIN CEREAL, LOW-FAT MILK, SLICED STRAWBERRIES	WHOLE WHEAT CHICKEN SANDWICH WITH VEGETABLES
GREEK YOGURT, GRANOLA, BLUEBERRIES	BROWN RICE, SALMON, ROASTED VEGETABLES
EGGS, WHOLE WHEAT TOAST WITH PEANUT BUTTER, FRUIT SMOOTHIE	WHOLE WHEAT TURKEY WRAP WITH VEGETABLES AND HUMMUS
OATMEAL, CHOPPED ALMONDS, SLICED BANANA	WHOLE WHEAT PASTA WITH SAUCE, GRILLED CHICKEN AND VEGETABLES

PRE-GAME SNACK

EAT A LIGHT SNACK 0 - 1 HOUR BEFORE STARTING

SNACK OPTIONS

FRUITS OR VEGETABLES	HOMEMADE ENERGY BAR
GREEK YOGURT	WHOLE WHEAT TOAST WITH ALMOND/PEANUT BUTTER
TRAIL MIX OR ALMONDS	WHOLE GRAIN CRACKERS WITH CHEESE
HUMMUS WITH WHOLE GRAIN CRACKERS OR VEGETABLES	WHOLE GRAIN CEREAL WITH MILK

GAME DAY HYDRATION

STAYING HYDRATED WITH WATER IS THE #1 PRIORITY BEFORE, DURING AND AFTER A GAME

HYDRATION PROTOCOL

PRE-GAME (WITHIN 2 - 3 HOURS)	15 - 20 OUNCES OF WATER
DURING-GAME (EVERY 15 MINUTES)	4 - 8 OUNCES OF WATER
POST-GAME (0 - 30 MINUTES)	16 - 24 OUNCES OF WATER FOR EVERY 1 LB OF BODY WEIGHT LOST
POST-GAME (EVERY 2 HOURS FOR 4 - 6 HOURS)	8 - 16 OUNCES OF WATER

DURING-GAME FUEL

RE-FUEL AFTER 60 MINUTES OF EXERCISE WITH A FLUID OR FOOD OPTION

FUEL OPTIONS

SPORTS DRINK	PRETZELS
ORANGE JUICE + PINCH OF SALT	ELECTROLYTE-REPLACEMENT (MIXED WITH WATER)
GRANOLA BAR	ORANGE SLICES
BANANA	GRAPES

POST-GAME SNACK

EAT A RECOVERY SNACK WITHIN 30 - 45 MINUTES OF FINISHING

SNACK OPTIONS

FRUIT SMOOTHIE WITH GREEK YOGURT	GREEK YOGURT WITH GRANOLA OR FRUIT
COTTAGE CHEESE WITH BERRIES	CHOCOLATE MILK
APPLE AND CHEESE STRING	HOMEMADE PROTEIN BAR
BANANA WITH ALMOND/PEANUT BUTTER	PROTEIN SHAKE

POST-GAME MEAL

EAT A BALANCED MEAL CONTAINING CARB, PROTEIN AND FRUIT OR VEGETABLE 1 - 3 HOURS AFTER FINISHING

MEAL OPTIONS

TURKEY CHILI WITH WHOLE WHEAT ROLL	WHOLE WHEAT TOAST WITH EGGS AND FRUIT
BAKED CHICKEN WITH QUINOA AND VEGETABLES	LEAN BEEF WITH SWEET POTATO AND VEGETABLES
CHICKEN STIR-FRY WITH BROWN RICE	WHOLE GRAIN TURKEY SUB WITH VEGETABLES
BEEF BURRITO ON WHOLE WHEAT TORTILLA	WHOLE WHEAT PASTA WITH SAUCE, GRILLED CHICKEN AND VEGETABLES

TO CREATE A PERSONALIZED NUTRITION GAME PLAN, SCHEDULE AN APPOINTMENT WITH THE EXOS PERFORMANCE DIETITIAN AT MAYO CLINIC SPORTS MEDICINE

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